

**Hi Everyone,**

Welcome to the **December 2024 @ICURehab monthly email**. I am happy to share updates and announcements on educational opportunities, plus **new** publications – see below!

**ICU Rehab updates for December 2024**

1. **Announcements** and updates below:

**a. Save the Date! 14<sup>th</sup> Hopkins ICU Rehab Conference: Nov 6 & 7, 2025**

- i. New content every year (focuses on latest updates over the past year)
- ii. **Location:** Johns Hopkins Hospital, Baltimore, MD USA
- iii. **Info here:** <https://icurehabnetwork.org/>

**b. Online Johns Hopkins ICU Rehab Foundations course (5.5. hours)**

- i. Foundations course content remains the same from year to year
- ii. Info here: <https://icurehabnetwork.org/online-foundation-course/>

**c. Updated Monthly! ICU Rehab e-Resource Sheet: <https://icurehabnetwork.org/resources/>**

**d. Resources/tools for adult ICU, pediatric ICU, & hospital-wide mobility:**

- i. <http://www.johnshopkinssolutions.com/solution/activity-mobility-promotion-amp/>
- ii. <https://browse.welch.jhmi.edu/early-mobility>

**e. For info about ICU & post-ICU functional measures, see: [www.ImproveLTO.com](http://www.ImproveLTO.com)**

- i. Website created from a NIH-funded grant for improving outcomes measurement in critical care research
- ii. Info about **ICU-specific measures & long-term outcome measures** (physical, cognitive, mental health & quality of life)
- iii. Free full-text review article on ICU mobility/physical function measures here: <http://rdcu.be/wszU>
- iv. Free full-text review article on understanding patient outcomes after ICU: <https://bit.ly/2NTM77u>
- v. **FREE web-based, self-assessment of RASS/CAM-ICU sedation/delirium assessments, at:**
  1. [www.ImproveLTO.com/instruments](http://www.ImproveLTO.com/instruments); scroll down to Cognitive>ICU Delirium
    - i. Free registration required to access the assessment
- vi. **Delirium Educational Videos & Quiz for RASS & CAM-ICU (English & Spanish!):**
  1. [www.icudeliriumplaybook.com](http://www.icudeliriumplaybook.com)
  2. **free full text publications:**
    - i. <https://www.atsjournals.org/doi/10.34197/ats-scholar.2022-0011OC>
    - ii. <https://www.atsjournals.org/doi/full/10.34197/ats-scholar.2023-0114OC>
- vii. **Functional Status Score for the ICU (FSS-ICU) instrument information:**
  1. Website registration for **free** access to FSS-ICU: [www.ImproveLTO.com](http://www.ImproveLTO.com)
  2. **20-minute instructional video** is available at above website

3. Chinese, Korean, Turkish, Spanish, Japanese & Portuguese translations available (see [www.ImproveLTO.com](http://www.ImproveLTO.com))
  4. FSS-ICU version for **retrospective assessment** of patient's pre-ICU **baseline status** is at above website
- f. **Validated Survey to Assess Barriers to ICU Mobility** - free full text article available at: <https://bit.ly/2zbYHGA>
- i. Survey is free as part of “Complimentary Critical Care Rehab Toolkit” at: [bit.ly/icurehabsol](http://bit.ly/icurehabsol)

## 2. **COVID-Related Publications**

1. Effects of Rehab on Cardiorespiratory Fitness in Long-COVID: Meta-Analysis <https://tinyurl.com/2fnvyhce>
2. Tele vs. Face-to-Face Pulm Rehab in Post COVID-19: Meta-analysis <https://tinyurl.com/4ew54v97>
3. 4 week Tele-Rehab for Post-COVID Syndrome: RCT Protocol <https://tinyurl.com/2acp4eam>
4. Hospital Rehab using EHR in pts w/ & w/out COVID-19: Retrospective Study <https://tinyurl.com/5n8mz2sm>
5. Persistent Skeletal Muscle Dysfunction in COVID-19 Survivors: Observational <https://tinyurl.com/5eanbh8s>
6. Fat Oxidation & Cardiopulmonary Exercise in Post-COVID-19 Pts: Cohort Study <https://tinyurl.com/nk8u4uch>
7. Lithium Aspartate for Long COVID Fatigue & Cognitive Dysfunction: RCT <https://tinyurl.com/yc6tne5y>
8. Long-Term Outcomes of ICU Patients w/ COVID-19: Sys Review <https://tinyurl.com/yzsps7dc>
9. Long-Term Outcomes in 2 yrs of post COVID: Longitudinal cohort (CO-FLOW) <https://tinyurl.com/ms896j3m>
10. Triggers of Symptom Fluctuations in People w/ Long COVID: Cohort Study <https://tinyurl.com/y242zp4u>
11. Pandemic & Pt Expectations about Acute Respiratory Failure <https://tinyurl.com/mr3s9dsp>

## 3. **New publications** – *new papers hot off the presses*

### **Rehab**

1. [Non-Pharmacological Intervention for Cognitive Rehab of ICU Pts: Umbrella Review](https://tinyurl.com/3rjh726v) <https://tinyurl.com/3rjh726v>
2. [Functional Magnetic Neurostim vs. Routine PT in ICU for Muscle Loss: RCT](https://tinyurl.com/y2u8x2m2) <https://tinyurl.com/y2u8x2m2>
3. [Rehab & Muscle Loss \(U/S and BIA\) in ICU: Single center study](https://tinyurl.com/4f68a5nm) <https://tinyurl.com/4f68a5nm>
4. [Inspiratory Muscle Training in ICU: Meta-Analysis](https://tinyurl.com/fbwsk3nj) <https://tinyurl.com/fbwsk3nj>
5. [Association of Early Passive Mobilization w/ ICP in ICU: Prospective study](https://tinyurl.com/4zfm8t6) <https://tinyurl.com/4zfm8t6>
6. [Benefits of Early Rehab for Acute HF w/ IV Inotrope: Retrospective](https://tinyurl.com/3bjnuz7j) <https://tinyurl.com/3bjnuz7j>
7. [Patients' Experiences of Early Mobilisation in ICU: Hermeneutic study](https://tinyurl.com/54ucdwyt) <https://tinyurl.com/54ucdwyt>
8. [Healthcare professionals' rehab perceptions in Scandinavian ICU: Survey](https://tinyurl.com/ybcfu2rb) <https://tinyurl.com/ybcfu2rb>
9. [Cardiac Surgery Pts First mobilization & Nurses Challenges: Qualitative study](https://tinyurl.com/4kbda5wd) <https://tinyurl.com/4kbda5wd>
10. [Status quo & Influences in Early Mobilization in Mech Vent Patients: Survey](https://tinyurl.com/ad4667u5) <https://tinyurl.com/ad4667u5>

### **Muscle & Function**

11. [Testosterone use in patients w/ ICUAW & deconditioning: Retrospective study](https://tinyurl.com/myueezrh) <https://tinyurl.com/myueezrh>

### **Outcomes after ICU, and Patient Outcomes Research**

12. [Association of Physical Func w/ Hospital Readmission in Older Adult: Sys Review](https://tinyurl.com/bdfrex9f) <https://tinyurl.com/bdfrex9f>
13. [Healthy Aging Brain Care Monitor \(HABCM\) Instrument in PICS: Psychometrics](https://tinyurl.com/njend7m2) <https://tinyurl.com/njend7m2>
14. [Psychometric Properties of the EQ 5D 5L \(Australia\): Secondary Analysis](https://tinyurl.com/y9p95se2) <https://tinyurl.com/y9p95se2>
15. [Functional Outcomes vs. Perceived Health Post-ICU: Prospective Cohort](https://tinyurl.com/5herdyvx) <https://tinyurl.com/5herdyvx>
16. [Physical, Cognitive & Mental Health Domains of PICS & QoL: Longitudinal Cohort](https://tinyurl.com/456vht3) <https://tinyurl.com/456vht3>
17. [Self-Confidence in Exec. Func & Depress. in ICU Survivor: Latent Variable Analysis](https://tinyurl.com/tdspjuu3) <https://tinyurl.com/tdspjuu3>

18. [High-Cost Users after Sepsis: Population-Based Cohort Study](https://tinyurl.com/mv6kb2jk) <https://tinyurl.com/mv6kb2jk>

#### ***Sedation, Delirium, Sleep, Agitation***

19. [Predictive Value of CAM-ICU & ICDSC in ICU Patient: Meta-Analysis](https://tinyurl.com/9k6zkxcx) <https://tinyurl.com/9k6zkxcx>
20. [Family Involvement in Preventing Delirium in ICU: Meta-Analysis](https://tinyurl.com/r66e2r8p) <https://tinyurl.com/r66e2r8p>
21. [Use of Digital Intervention to Reduce Delirium-Associated Agitation: RCT](https://tinyurl.com/2xxn8ump) <https://tinyurl.com/2xxn8ump>
22. [Cognitive Dysfunc, Serum IL-6 & Post-op Delirium after CABG: Mediation Analysis](https://tinyurl.com/2p9rjx84) <https://tinyurl.com/2p9rjx84>
23. [Standardizing Identification of Cognitive Impairment: Prospective Study](https://tinyurl.com/thwau8ej) <https://tinyurl.com/thwau8ej>
24. [Delirium in US \(2023\): World Delirium Awareness Day Point Prevalence Study](https://tinyurl.com/4rs698f4) <https://tinyurl.com/4rs698f4>
25. [Restraint Decision Tree in Korean Neuro ICU](https://tinyurl.com/prnkf4we) <https://tinyurl.com/prnkf4we>
26. [Ciprofol in Mech Vent Pts: Post-hoc analysis](https://tinyurl.com/4mpkk838) <https://tinyurl.com/4mpkk838>
27. [Impact of Sleep Disturbances on Outcomes in ICU: Post Hoc Analysis](https://tinyurl.com/mpf64fvt) <https://tinyurl.com/mpf64fvt>

#### ***Dysphagia, Communication & SLP Issues***

28. Prevalence, Recovery & Factors Associated w/ Dysphagia: Cross-sectional Study <https://tinyurl.com/42k9z7xi>
29. Compare Short vs. Long-Term Intubation on Speech & Swallowing: Retro study <https://tinyurl.com/5n8e6f2h>

#### ***Psychology & Humanism***

30. [Patient Experience of Nurse-Written ICU Diary: Cross Sectional Survey](https://tinyurl.com/4v4zrtu5) <https://tinyurl.com/4v4zrtu5>
31. [Clinicians Perspective on “Get to Know Me Board” in ICU: Qualitative Study](https://tinyurl.com/muh2b6mm) <https://tinyurl.com/muh2b6mm>
32. [Personalized Music for Symptom Management in Mech Vent Pts: Qualitative](https://tinyurl.com/4m4amy8s) <https://tinyurl.com/4m4amy8s>

#### **4. Videos & News**

##### **Video & podcast postings below:**

OACIS Videos & News: <https://www.hopkinsmedicine.org/pulmonary/research/outcomes-after-critical-illness/oacis-videos-news>

5. **Twitter/X**: for brief updates about ICU Rehab, follow: **@icurehab** and **@DrDaleNeedham**. You can directly contribute using **#icurehab**

Best wishes to everyone,

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**Learn how we are improving ICU patients' outcomes at our websites:**

[www.hopkinsmedicine.org/OACIS](http://www.hopkinsmedicine.org/OACIS) [www.mobilization-network.org](http://www.mobilization-network.org) [www.improveLTO.com](http://www.improveLTO.com) [bit.ly/icurehabsol](http://bit.ly/icurehabsol)

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